



PRINCIPLE-BASED PARTNER YOGA

ELYSABETH WILLIAMSON

Elysabeth Williamson has been an innovator in the world of Yoga for over thirty years. She is the author of 'The Pleasures and Principles of Partner Yoga' and internationally recognized as the foremost authority of Partner Yoga.

As founder of Principle-Based Partner Yoga™, a visionary and transformative body of work, Elysabeth has trained teachers around the world. She presents international workshops and retreats, and is known for facilitating a quality of space that leads to life-changing experience.

In this time of accelerated change, Elysabeth sees the ancient science of Yoga, synthesized with modern mind/body understanding, as an important, creative contribution for resolving the challenges we face. She believes that as technology becomes increasingly prevalent in our lives, there is an even greater need for tools that support us to remember our human capacity for compassion, openness and authentic connection.

Elysabeth has had a lifelong intuitive understanding of Yoga and enjoys sharing its practical benefits with students of all levels. Included in her offerings is one-to-one coaching sessions based on the principles of innate mental health, an understanding that recognizes that we all have equal access to the wisdom within.

Elysabeth is accredited through Yoga Alliance as an E-RYT 500, experienced, registered, Yoga teacher. She currently resides in Hot Springs, AR and is a mother, grandmother and godmother to six children.

To learn more visit: www.PartnerYoga.net and www.ElysabethWilliamson.com

